

Be Successful In Examination

Dr. Shriniwas Kashalikar



BE SUCCESSFUL IN EXAMINATION

BY

SHRINIWAS JANARDAN KASHALIKAR

M.B.B.S., M.D., F.I.C.G., F.F.F.B.M.S.[USA]

IN CHARGE
CENTER FOR TOTAL STRESS MANAGEMENT
DEPARTMENT OF PHYSIOLOGY
SETH G.S.MEDICAL COLLEGE AND K.E.M.
HOSPITAL MUMBAI 400 012

Website : www.superliving.net

Assistance:

Dr. Suhas Mhetre

Be Successful in Examination

2nd Edition-28th April 2005

© Dr. Shriniwas J.Kashalikar

101-A24, Happy Valley,
Tikunjiniwadi Road,
Thane (West), Pin-400 607.
Phone : 2589 8934
Mobile : 9821 406905

Publishers:

ISSHHA

(International Society for HOLISTIC HEALTH ADVANCEMENT)

Distributors-Publishers

Smt. Rekha Mhetre

2/33, Vijay Enclave,
Ghodbunder Road,
Wagh Bel, Thane.
Mob: 9820 898870

Printer :

Sulabh Enterprises,

Mumbai.

Price : 50/-

Introduction

My dear readers, you are all aware of the tremendous importance of examinations in our life.

Some of you may be students while some of you may be parents. Some of you may be examinees and some of you may be examiners. Some of you may be teachers while some of you may be the policy makers. Some of you may be may be victims of unpleasant experiences in examinations while some of you may be the most successful candidates. Some of you may be education ministers while some of you may be the counselors. Some of you may be supporters of the present education and examination system while many of you may be opposed to it.

In any case let us understand the nature of the examinations and competitions as that can create a vast difference to our lives. We all would agree that knowing and understanding about examinations and competitions is crucial to a pleasant, popular and prosperous life and ignorance about them is bound to entail a disturbing, dejected and deprived life. In other words, such understanding is essential for accomplishing effective Total Stress Management i.e. acquiring Holistic Health!

The arrangement of this book is such that every chapter is addressed to a particular section of the society related to the examinations and the competitions. But actually, every chapter is useful for every section of the society! Secondly, the instructions are grouped to suit different situations arising at different times. This should prove especially useful to the readers in reading specific part of the book in a given situation or in a particular need.

With Best Wishes,

Yours sincerely,

**Shriniwas Janardan
Kashalikar**

DEDICATED

TO

All those who are involved
directly and indirectly in
And those who are affected
directly or indirectly
by

Examinations

Shriniwas Janardan Kashalikar

Examinations and the students

Dear students the examinations are of three types, theory examination, practical examination and viva. Let us consider the theory examinations first. The study for the theory examinations is usually spread over a period of one year. [We are not considering at this juncture the study required for the periodic written tests held from time to time in schools, coaching classes or colleges.]

We shall start with the instructions most useful at the time of examination itself.

So let us see what has to be done in the examination hall itself to improve your performance.

In the examination hall

- The first thing to do in the examination hall is to secure your seat and pray, if you believe in God and do simple deep breathing. You may do alternative breathing with alternative nostrils. This is called ANULOM-VILOM. In this technique you are supposed to breathe in by say, left nostril and breathe out by the right nostril. Then you are supposed to breathe in by right nostril and breathe out by left nostril. This makes one cycle of ANULOM-VILOM complete. This certainly helps you overcome fear, anxiety and palpitations in your heart, thereby improving your stability, confidence, concentration, and poise. All these play a very important role in improving your ability to perform in examination by helping in recall as well as application of your mind in problem solving.
- Do not evaluate yourself on the basis of your preparation for the examination.

- Do not bother even if you have failed to answer a particular question asked by somebody else just before you entered the examination hall
- Do not blame yourself for not having prepared adequately.
- Do not bother if you do not remember a particular or even any topic.
- Do not compare yourself with anybody else.
- Do not get overwhelmed by the comments of your colleagues.
- Never think that you can not do it. Examiners are far more lenient than what you imagine them to be.
- Assure yourself that it is not merely what you can recite that is useful in examination but all that you have studied and apparently forgotten now can surely help you in examination. You and for that matter, most of us forget things but when a proper question or a set of questions are asked, most of us get a clue and can recall all that was apparently forgotten.
- Collect yourself with all your might and determine to succeed. Convince yourself that whatever efforts you have taken, all the best wishes of your friends, all the blessings of your parents and all the bounties of God are with you and would see you through the examination successfully. If you do not believe in God, then assure yourself that the treasure of strength and light within you would surely take you through the examination!
- As soon as you get the question paper in your hand you can start answering immediately if it is a multiple choice question paper. You may start writing the answers if it is short answer type [SAQ] type question paper. But if it is a descriptive answer type of question paper then it is always good to read the question paper. Some advocate not reading the whole paper at all. This is because according to them reading

the paper from the beginning to the end may develop undue and unnecessary fear and anxiety because of some relatively difficult questions. In such case the concentration while answering the other questions can be disturbed.

- Now, the most important thing is to remind yourself about your plan of action. The action plan is to find out the total number of marks and how much time you get for each mark. Thus if there are 100marks and three hours then you have 180 minutes for 100 marks. Taking the nearest approximation, you have 1.5 minutes for each mark. If you take 1.5 minutes for each mark then you are sure to finish your paper in 150 minutes and are still left with 30 minutes.
- If there are 10 questions with 10 marks each then spend 15 minutes for each question. Even if you have to leave a question half way leave it half way. Please remember to leave space after every point, in your answer. Leave additional space at the end of your answer. This is extremely important, as you would need space to complete answer neatly. But at the end 150 minutes you make sure that you have attempted all questions.
 - You have 30 minutes more.
 - Now you should start reading your answer paper quickly right from the beginning. Complete the answers that were left half way. At this stage it is usual to remember additional points in different questions. You have time to add them. You may remember some additional diagrams or you may get a new idea of flow chart or new diagram. Add them to the answers.
 - Now finish underlining if allowed.
 - Now check the numbering and other details on your main answer-book and of your supplements.

When you are outside the examination hall, make sure that you take following things into account.

BE SUCCESSFUL IN EXAMINATION

- Do not discuss the probable questions. This is so because, you might not have read those questions and that can perturb you.
- Do not let anybody prevail on you by asking questions. Because sometimes you may not know the answers and hence you may get depressed.
- Do not discuss answers of the previous paper.
- Do not enter into any kind of argument or altercation as that affects your concentration and performance adversely.
- Before you set out to reach the examination hall If you believe in God then pray God to give you peace, composure and confidence and alertness. Pray God to give you the ability to express yourself appropriately.
- Make sure you have taken the hall ticket, pen, rubber, pencil, foot rule, handkerchief, money and change.
- Wear loose, light and comfortable clothes. Tight and uncomfortable clothes can cause lot of discomfort especially
 - when you have to sit for two to three hours. It is a good idea to use light and if possible natural perfume. Strong and synthetic perfumes can sometimes cause allergy to you as well as others.
- Make sure that your shoes are well fitting and comfortable. They should not cause excess of sweating or discomfort.
- Take your water bottle as that can save your time in the examination hall.

Morning of the day of examination

- Get up fresh in the morning. Do not try to get up early without completing your sleep. If you do not sleep well your concentration is reduced. In addition it can cause restlessness and head ache. It can cause

disturbance of digestion also.

- Pray God. Sit in good comfortable posture such as PADMASANA and breathe slowly for about five minutes. Slow and regulated breathing makes your mind calm and composed. This improves your performance.
- Prayer of God is actually a technique or a process that helps you to remind yourself of and invoke your own potentials or the light or the powerhouse within you.
- If you do not believe in God then remind yourself that you have tremendous potentials and energy within you. Sit in good comfortable posture such as PADMASANA and breathe slowly for about five minutes. Slow and regulated breathing makes your mind calm and composed. This improves your performance.
- The morning ablutions such as evacuation of bowels and bladder must be meticulously attended to. If these are not attended to then it can cause physical discomfort leading to gross disturbance in concentration.
- Make sure you clean your oral cavity and clean your teeth. Cleaning the teeth is especially important as particles trapped in the crevices between the teeth may cause irritation, nagging pain or discomfort. This can cause distraction and disturb your concentration.
- Take bath with cold or warm water as per what suits your constitution. Bath does not merely clean your body but removes the element of lethargy and adds substantially to your state of alertness, so much important in examination.
- Take adequate breakfast. The food should not be excessively spicy and oily. This can cause acidity and belching and discomfort. In turn this can adversely reflect on your performance.
- Drink plenty of water. It is extremely useful in washing away toxins in the body.

- When you are fresh, it is time to make eleventh hour preparations. This does not mean that you should not study earlier. It only means that it is time now to read very elected topics. On the day of examination there is generally a certain degree of restlessness and uncertainty about which questions might appear in the examination. In such case it is best to select questions that had not appeared last year and which are otherwise commonly asked. Find out how much time you have before you leave. Select only a couple of topics which you can intensely read and finish. This is very important. Do not try to read everything at this juncture. Trying to read and revise everything just before examination would cloud your mind. Hence please do not do that.

A day before examination

- Do not take any drug to improve your alertness. Such drugs are usually associated with disturbing side effects. They can adversely affect the concentration and ability to recall. These drugs can cause anxiety, irritability and confusion. They can cause physical discomfort such as increase in blood pressure, giddiness, headache, drying of mouth, sweating in the palms etc.
- Do not read a new textbook and do not refer to notes you have not studied before. This can cause confusion, as the presentation is different.
- Do not eat too much or too less.
- Do not take any drug to sleep. Once a student took sleeping pill in the afternoon with the intention to sleep in the afternoon and then get up and keep reading at night. The anxiety however made it impossible to sleep. The boy got up after some time and took another pill. He then slept. But only to wake up after fourteen hours. He could not read or revise anything for the examination. Next day when he went for examination he found that

his performance came to almost zero.

- Do not keep late at night. Adequate sleep is essential for proper functioning of your brain. Do not pick up fight with your brother, sister, father, mother, your relative or servant, neighbor etc.

A month before examination

- This is the time, which is most important for revision and crystallization of your knowledge and concepts. Make a list of things you have to study and also a list of things you have to carry in the examination hall.

- In these days if the anxiety is optimal then it improves your motivation, even as it may reduce your concentration. As a result of motivation you tend to compensate for reduction in concentration.

- However, if the anxiety is more then it can prompt the individual to run away from the examination. If you become more anxious then you may escape. You may stop attending the lectures, practical and other educational programs. You may keep roaming around and not stay in your room if you are staying in a hostel. You may keep reading the same thing again and again, or you may read very slowly, or you may actually engage yourself in watching movie, going to restaurant, or even take to excessive smoking and drinking.

- In general excessive anxiety is because of lack of confidence due to inadequate preparation. A student who does not study regularly is usually a victim of anxiety and lack of confidence. Excessive anxiety leads to vicious circle as seen above. You may call it a distress cycle as well. The solution to such anxiety is nothing else but starting to study.

- It is essential that you plan your study in a systematic and pragmatic manner.

- If you are left with one month for the preparation

then consider it to be only 20 days. Suppose the total marks for all the subjects are 500. Divide all the total marks by 20. It means you have to prepare for 25 marks on every day. Now suppose you have 5 subjects. Now make sure that you study a portion for 5 marks from each subject. It means you have to read $1/20$ of each subject every day.

- In my opinion it is not sensible to study one subject every day or for some days. This time is such that you are likely to lose confidence easily. If you do not study a particular subject for couple of days, then you may lose confidence in that subject.
- Plan your study for everyday accordingly.
- It is important to note that you have to find out your speed of reading and accordingly select a textbook or a guide for that subject. Do not select too huge a book or too small a book. Too big a book would create a burden/confusion and lead to diffidence. Too small a book would give inadequate information and there erode your confidence.
- You may not have sufficient time to write. In such a case you should learn to organize your answers in your mind after having read a particular topic.
- It is good to draw the diagrams and learn to draw them in shortest time. This can be done if you learn to draw really diagrammatically. It is good to learn to draw flow charts, as that also is good visual aid to remember.
- While planning to finish $1/20$ of every subject everyday, remember to be practical and pragmatic. Do not plan to study 20 or 18 hours a day. Such study would prove to be really ineffective and in fact counterproductive. Always remember that you require not merely reading, but grasping, organizing and remembering. This can be possible if you are physically

and mentally fit. Such fitness is not possible if you study for 18 or 20 hours every day. It is good to give at least some time for physical exercise, entertainment and rest. Spend some time in relaxing with your family members, friends or relatives. Such emotional gratification is vital to good physical and mental health. It adds to your motivation. Sometimes these people boost your mood.

- It is important to remember that you should not be too rigid. You must not be harsh to yourself. It is always possible that you are not able to keep the schedule you planned. Getting disturbed and in turn disturbing others because of lapse in your planned activity does not help. Lapse is natural. Sometimes people do not realize this and start feeling guilty even if the lapse is on account of illness. In fact you are advised to keep 10 days in reserve to compensate for such lapses and not for any other reason!
- But it is always good to avoid irresponsible company as they can influence and bring about your downhill course. Do not get trapped into depressive individuals. They can destroy you. This is especially important to remember for those of you who are kind and helping minded.
- Some times people who get bored of study press you to give them company. You can politely and firmly refuse and not give way to the emotional pressure.
- Late night movies and parties are best avoided. The best type of entertainment is to play a game or two badminton, to walk for about 20 to 30 minutes or to watch a cartoon. Chatting with friends for 5 to 10 minutes is also fine. Protracted entertainment such as a movie [involving more than two to three hours] can harm your motivation and pull you out of your mood to study.

The year of your examination

- The foremost obstacle in the way of your study is improper perspective. I have seen many very good-hearted students losing interest in their study. They are excellent individuals with very good intelligence. This was because they were not motivated to make individual careers. They thought it was selfish and petty to pursue and develop one's career. This was obviously because of the influence of the indoctrination of values such as asceticism, generosity, sacrifice, simplicity, nobility, charity, kindness, and so on. I know a student who went on despising career in medical college to such an extent that he took more than double the time to complete his course.

- It is essential to remember that it is not only apt, but it is also responsibility of every individual towards the society to pursue a career. It is through such pursuance that a person contributes to his as well as the welfare of the society. Pursuing a career is as important as or even more important than following one's religion. A person who becomes expert in his field and acquires excellence serves man and serves God.

- Pursuing a career efficiently involves studying. The study involves not merely reading but observation, reading, comprehension, analysis, and correlation, thinking about the applications and so on. The study involves developing insight into a given field. The study is a source of immense intellectual pleasure and builds invincible confidence. Study builds our personality.

- The process of studying for one's career if understood in this way is not only a source of inner happiness but also is a way to TRUTH. Studying is the most important process and opportunity to pursue TRUTH. In traditional parlance we can say that learning is a process or an opportunity to realize God. Proper study is synonymous with what is called YOGA. YOGA is defined as ultimate expertise in a given field! We

must study because we can do a particular thing better. When we do a particular activity with finest expertise, then it benefits the society and us simultaneously. Such work becomes service to God and in traditional parlance YAJNA. It may be soldering or welding. It may be stitching or cutting. It may be singing or dancing. It may be speaking or writing. It may be painting or calculating. Therefore every one of us must learn the subjects in his or her favorite field wholeheartedly.

- What ever is considered, as “study” today is an arbitrary imposition of slavish activity with an eye on the licenses or degrees. This slavish labor actually amounts to spoiling the present moments and the pursuit of so called careers is actually chasing a mirage of monetary gains, position, power, popularity, glamour or glitter.

Therefore resolve to study for your own development. Resolve to study to understand and enjoy. When you study in this way every moment becomes a moment of joy and the success follows you like your shadow.

Let us see some important guidelines for proper study that nurtures you and empowers you.

1. Have respect and love for your subjects. Remember that expertise in your field is the greatest gain you can make. This conviction is a must. If your study is like oxygen for you then your study will energize and empower you just as the oxygen does.

2. Do no try to remember every time you read. Your reading should be for clear-cut understanding. Therefore read carefully.

3. Have patience. Do not despair because you do not understand a particular thing at a given moment. It is usually seen that many times, a point becomes clear after a student reads more about that topic or that subject. However it does not mean that you should not make efforts to understand. In fact the moment you get an opportunity please ask your difficulties to your

teachers, your senior colleagues, friends or elders in the family as well.

4. When you come across a difficulty, note it down. This is especially true with respect to your lectures. Insist that your teachers solve your difficulties.

5. It is absolutely essential to be bold and humble. Otherwise you tend to become timid and arrogant. You become timid because you never have developed confidence [born out of insight in the subject] and arrogant because you need some to be blamed for your failure [the easiest to blame is your teacher, and especially on his back]!

6. Learn the use of dictionary and use it regularly. Understanding of the words is like a solid foundation for your study and your career. It makes the subject extremely friendly and interesting. It makes the subject lovable. In fact in absence of the understanding of the words or terms gradually makes the subject more and more alien and stranger to you. You start developing repulsion for the subject.

7. Do not think of success or failure. Thinking about or dreaming about success is sometimes pleasant. There is no harm in dreaming. But do not get bogged down by the possibility of a failure. Fear of failure takes away the initiative from you. The thought of failure can jeopardize your motivation. You can earn in any career if you are good. Therefore do not keep thinking about whether you would be able to get into a so called lucrative and sought after career.

8. Do not compare yourself with others. You are you and you are excellent. Count on your plus points. Find out your negative points only to overcome them. Do not feel guilty about them.

9. Do not sacrifice your happiness at any cost. Your future happiness is never guaranteed by anybody. So there is no reason why anybody should be allowed to

snatch it from you.

10. Do not study because you have to but study because you are privileged to and you have opportunity to study.
11. Do not get obsessed by study, but get involved in it.
12. If you get bored of reading a particular subject, then it is a good idea to practice diagrams. Secondly if you get bored of a subject like mathematics then it is good to change over to a subject like history.
13. It is necessary to do regular physical exercise. You may play an outdoor game or take a stroll. If feasible, it is a good idea to go for a hike once in while. You may do aerobics, yogasanas, Suryanamaskar or any such activity.
14. Entertainment rejuvenates your mind. Do not deprive yourself of the moments of entertainment every day for about half an hour to one hour.
15. Practice namasmaran. Namasmaraṇ means remembering the name of God. Namasmaraṇ is called thought anchor. You may like to read my book NAMASMARAN in Marathi, English or Kannad. This book explains the vital role of namsmaran in personal and social life.

The preparation for practical and viva examination

- This is not very different. In fact if you prepare well for the theory examination you are bound to do well in practical and viva. But In case of biology and where skills are involved practice of certain practical classes would surely help.
- The practical examinations are relatively easy as most of the things you have done once or twice and you have to repeat the same in the examinations.

The questions asked at the time of practical examination

are usually simple and pertain to the practical work you do.

- Some marks are usually allocated to the journal and hence it is a good habit to keep your journal neat and complete.
- Good journal is useful for referring before the examination.
- If you do not get the expected result in the practical examination, then do not try to manipulate it. Manipulation can usually be detected and the examiner may give severe punishment. However if you do not manipulation and explain the examiner that you could not get the results in spite of following correct procedure he would not drastically cut your marks. He would not fail you for not getting correct results.

Let us see few points about viva

- At the time of viva, right in the beginning, wish the examiner and if you have any language problem or any difficulty in speech, then tell about it to the examiner. Speech problem or inadequate knowledge should not come in your way of getting good scores.
- When you go for viva do not try to attract sympathy by feigning to be sick.
- Do not confess right in the beginning that you have not prepared.
- Do not make faces or exhibit your restlessness. It mars your impression.
- Your clothes should not be shabby. You should purposefully expose and exhibit a particular part of your body.
- Do not try to be different by some strange hairstyle, or clothes.
- Use perfume if you want but not too strong that can cause even allergy!

- Sit in erect posture. Do not do any unnecessary movements such as swinging yourself back and forth or swinging your leg or making movements of your fingers.
- Do not use the words such as “shit”, if you are unable to recollect the answer. Please say, “I am sorry. I am unable to recollect. But can I try to guess?” If the examiner allows you to guess then you get a very good chance to answer and get the advantage if you turn out to be right.
- When you are asked a particular question, do not say, “I never have heard about it” or do not make a face as if you have never heard about it. That sort of response could convey the impression that the examiner was a fool to ask that question. Such response from you may therefore upset the examiner.
- In the viva the time is short. Therefore try to finish your answer quickly. Do not keep the examiner waiting. She or he is likely to get irritated and moreover you would not get sufficient questions. This can affect the examiner’s evaluation of your performance.
- If you do not know a particular thing then do not make unnecessary reference to it. If you make such reference then it would be unnecessary invitation to trouble.
- As far as is concerned it is advisable to discuss certain topics so that when the examiner asks questions in viva examination you do not get nervous.
- Do not try to mug the details, as there is usually not so much time as to ask you details. The principles should be understood well.
- It is also important to note that the expressions of the examiner should not depress you. They are deceptive. They do not usually indicate his/her assessment of

your performance.

- The examiners are not there to fail every one. Therefore do not develop negative frame of mind right from the beginning.
- If you are wearing a lab coat then it should be neat. If you are supposed to exhibit your examination number then it should be conspicuously seen.
- Thank the examiner when you are leaving the examination room.

Examinations and the parents

Dear parents I understand your concern about the success of your child in the present world full of cut throat competition and rat race.

I have few suggestions on which you can ponder. This may make your life better.

When your child is in the examination hall Do not worry about the results of examination. Do not discuss the possibilities with others. Do not get bogged down by the preparation of the other children. Have trust in your child.

When your child is going in the examination hall

Do not exhibit panic on your face. Let the child see confidence about her/him in your eyes. That would boost the child.

When your child is to set out to reach the examination hall Remind the child to pray.

Remind the child to take everything required. Check the list.

If it is feasible, then it is good to accompany the child to the examination hall. As most of the parents do so, the child may want you to accompany her/him. It is justified.

Do not enter into unnecessary controversy or argument.

Do not be anxious or worried. Anxiety and worry are infectious and would affect the child's performance.

The morning of the examination

Get up early in the morning. But do not disturb the sleep of your child. Let her/him complete the sleep.

See that your child prays and finishes morning ablutions properly.

See that child takes proper breakfast. Not too much, not too oily, not too spicy.

Let the child drink plenty of water.

Remind the child that she/he can read the most important questions rather than trying to revise the whole portion.

Encourage the child by explaining that the child would do well even if the preparation may appear inadequate to the child.

A day before the examination

Please do not force the child to finish the portion by keeping late at night. In fact advise the child to sleep well.

Do not allow the child to take any drugs or excess of tea so as to keep late. Explain the child that it turns out to be counterproductive.

A month before the examination

If possible, take leave from your work.

The child would be happy to have your company and her/his morale would get boosted.

The children are likely to be nervous, anxious and irritable due to peer pressure. Your tone should be that of encouragement and despair.

You can make sure that the child gets proper food, moderate exercise and some entertainment.

Do not indulge in partying and TV so as to avoid distraction of the child.

Do not keep boasting about your struggle, achievements or other plus points. That can have negative effect on the child. However you can tell your experiences which would cheer up the child.

The year of the examination of your child

- Study the nature of education system and understand the deficiencies in it. This is absolutely essential these days. You will find the detailed discussion on the education system in the chapter meant for policy makers. We all parents should develop a consensus about the nature of education system and issues such as reservations. The policy makers can not design and implement a policy effectively unless there is a broad consensus developed about it. Therefore this is essential and urgent. If this is not done today, then not only our children but also the generations to come will suffer.
- Do not sacrifice your happiness at any cost. It may happen that your children do not do well in studies. But that does not mean that they are less valuable. Do not keep comparing them with other children who are better than them in studies. Your children are very precious. If their progress card disappoints you then you are likely to disappoint them. This is counterproductive. Instead, if your children are not doing well, then it is necessary to find out the reasons for that. Some reasons for their inadequate progress are as follows
 - 1. They are not adequately motivated to study. A large number of students in a class can make a child feel neglected. It may feel that it is not getting adequate attention.
 - 2. They do not understand the topic in school because the teaching may be inefficient or insufficient. This could be because of the personal problems of teachers or lack of incentive to the teachers. It is to be appreciated that in our society there is a notion that the teaching profession is noble. The teachers should not be after money. But we fail to understand that the teachers do not have any special status in our society. The taxi fare, the bus fare, the hospital charges, the prices of vegetables, the expenses on entertainment are

not less for teachers. They have to pay the same price to buy a house and not less. The problems of teachers, especially their financial problems must be considered and with an eye of justice.

3. There may not be adequate dialogue between them and their teachers. In fact when the number of students in a class is very large then the teachers may discourage dialogue also. This can be also because the portion to be taught is too vast.

4. The children may have nutritional deficiency or may be overeating. Because of your busy schedule you might not be able to take care of these problems. It is necessary to ensure that the children get proper nutrition and have good health. This is essential for alertness and enthusiasm so much required in learning. They should not overeat as that can make them lethargic.

5. The children may not have adequate drive to learn because they are not getting adequate attention from you. This is especially so if the children are in hostels.

6. Growing children around the age of puberty are likely to develop attraction for the opposite sex. This can make them less interested in studies. It is necessary to educate the children according to their needs about the role of sex in one's life and how to deal with one's sexual urges.

7. It is necessary to remember that children can lose interest in the studies due to bad company. This some children might have been hooked by bad habits such as gambling, smoking, drugs, sexual perversions and so on. They may be spoiling your children.

8. You have also to remember that the adverse impact of the programs and advertisements in the electronic media and paper media. There are powerful distracters and may spoil your child considerably. You have to develop consensus about harmful advertisements and

raise voice against them.

9. Your children may develop inferiority complex about themselves because of your socioeconomic status. You must have self respect and impart it to your children. If you do not have self-respect then your children develop inferiority complex and become increasingly vulnerable to unreasonable and harmful ideas.

10. The curricula may not be conducive to develop interest in the children. You may not be in a position to do anything concrete in this direction immediately. But if you read about education system then you may get a clue as to what can interest the child and what can drain the interest of a child.

- Do not keep nagging. The children require some time to play and entertain. They need some of your time for intimate dialogue.
- Remember the days of your childhood. That would make you more reasonable.
- Remember that the study is for empowerment and growth of the child. It must be associated with happiness. We have to assess whether we are forcing the children in the schools and imposing the studies. Forcefully pushing the children in the schools and forcefully keeping them in the classes and imposition of the study are equivalent to imprisonment and punishment. They can cause enormous stress and adversely affect the life of the child.
- Remember that present education may give degrees and certificates. But it does not guarantee job or money. If you keep on harassing the children for study without realizing this fact then at the end of the education of the child you as well as your children are likely to be disillusioned and frustrated. Remember therefore that the study should be aimed at empowering and growing. It should be a happy and enthusiastic affair.

BE SUCCESSFUL IN EXAMINATION

- Do not impose your dreams on your children. Let them pursue the career they are comfortable with.
- Do not set targets and conditions. I have seen parents imposing targets. Their children become miserable and not successful.
- Expose your children to encyclopedia. Expose them to life, through travelling, by taking them to banks, research institutions, factories and such institutions.
- Expose them to the biographies of eminent people. But nurture self respect amongst them.
- Encourage the children to ask questions and admit your ignorance when you do not know the answer. This will make them bold and reasonable. They should know that they are they and should not imitate you or anybody as a role model. They should be taught the art of respecting and taking inspiration rather than copying an individual.

The Examination and The Teachers

My dear teachers I respect you all. I respect those who teach in kindergarten schools, primary schools, secondary schools, colleges and professional colleges. But I especially respect those who teach in the schools for handicapped children.

With utmost respect I would like to make some suggestions so that you can live to your satisfaction.

- Respect your profession. It is necessary for you to respect your profession even if the others do not respect it. It is true that the glamour and glitter is respected than sincere work. It is true that monetary and political powers are revered as compared to painstaking work. But do not get demoralized. If you respect your profession then only you will be able to take interest in your work.
- How to develop respect for your profession? It is essential to respect yourself. If you respect yourself then only you would respect your profession. If you respect yourself then you would respect the students. If you love yourself then you would love your students. This encourages you to take up the responsibility of the betterment of your students. Then you start getting actively involved in your job.
- Once you get actively involved in your job, then you realize that merely teaching a particular curriculum passively does not complete your duty... Once a student of economics told me that his teacher told him that all that was being taught in the college was useless and irrelevant to life. The teacher did not have any conviction in what he was doing because he was doing his job in a passive manner without applying his mind. In fact by making such a statement he demoralized the student! This kind of teacher would have no respect for his job. He could never help a student respect and love his subject. He could never inspire a student. When

you get actively involved in your job, you would start thinking about how the students would be maximally benefited and how they could maximally benefit the society. This thinking would gradually give you the insight into the subject. You would start understanding the limitations of the curriculum and how they can be rectified. Reading my views about the present education system would help you in this.

- It is said that teaching is a noble profession. Teachers are expected to be noble. But they do not get any concession in any walk of life! They get no concession in their medical bill or in anything for that matter. They have to pay the same taxi fair and bus fair. They have to pay the same price for buying a house. At least the teachers must understand this contradiction. If you understand this then you would be able to take steps for the betterment teaching community while you are doing your best to improve the education system, curricula and future of the students. In this context my book on holistic health can prove useful to you. In addition my books on stress management may benefit you.
- If you are paper setters or examiners then you should keep in mind the relevance of the questions you ask and the way you assess the students. It is also important to keep in mind the background of the students while taking viva. The difficulty in communication of the students from rural background or the students with difficulty has to be considered while taking their viva.
- You should not [unknowingly] inflict your frustrations on the examinees when you are taking practical or viva examination.

Examinations and Policy Makers

Dear policy makers you are at the helm of the affairs with respect to designing and then implementing policies of education and examinations.

You can really transform the life of millions. This is the greatest privilege I can think of. I have utmost respect for you.

I am sure you would agree with me that it is necessary to review the situation in the field of education so as to transform the stressful character of the examinations. I am making my observations explicit. There may be flaws in them. Please correct me in that case. But please read the following in a dispassionate manner with positive frame of mind. I am not teaching you. But I am trying honestly to give solutions to a very difficult problem that has given rise to multiple problems in the society.

Examinations in the present form are proving increasingly responsible for developing morbid superiority and morbid inferiority complexes associated with arrogance, insulting behavior, abusive language, vindictive attitude, and feeling insecurity, fear, shame, guilt and lowliness respectively.

The peculiar nature of examinations, which are certifying, licensing, qualifying, job giving and promoting has compelled the examinees to become examination oriented, at any cost, especially at the cost of learning! The coaching classes and the teachers also have been forced to adapt to examinations and nothing else.

The present nature of examinations has given extremely exalted status to marks. This has grossly undermined the actual merit, as the examinations test only the recall. This is true with most of the examinations at the school and college levels with few exceptions such as those held in certain professional colleges.

Moreover results can be purchased! Thus several dubious means employed to get success in examinations have become rampant and these dubious means have become the indicator of! Every one is aware of such means, which include mass copying, bribing the supervisors, bribing the experts, bribing and threatening examiners, supervisors, and paper setters and so on.

What is going on in the field of education disturbs most of us. But we do not understand the causes of the chaos and the remedy for them.

We will be benefited if we review in brief the concept of education and merits and demerits of the traditional education system in brief.

Education is defined in various ways but it can be safely said to have three domains, which are as follows.

The first domain is called AFFECTIVE DOMAIN. This means the state of mind. In simple words affective domain relates to how we feel. Thus when our mind is full of alertness, attention, enthusiasm, buoyancy, affection, concern, joy, tolerance, self esteem, mutual respect, mutual trust, commitment, dedication, confidence, positive and victorious spirit, we would call it healthy affective domain. In addition the zeal and concentration needed in the pursuit of excellence in intellectual field, tenacity and endurance required in skillful activities and patience and commitment essential for satisfying and socially beneficial actions constitute affective domain. The purpose of education is to nurture this domain by designing suitable curricula and syllabi.

The second domain of education is called PSYCHOMOTOR DOMAIN. This implies ability to appreciate skills and ability to perform physical and mental skills, with speed, accuracy, elegance, ease of performance etc. This may involve appreciation and

performance of skills such as surgery, playing a musical instrument, playing basketball or doing carpentry! The purpose of education is to nurture this domain through not only designing suitable curricula, syllabi but also by providing sufficient practical and demonstration classes with all the necessary equipment.

The third domain is called COGNITIVE DOMAIN. Cognitive domain incorporates accurate perspective, contemplation, correct perception understanding, conceptualization, analysis and recall of problems, ability to evaluate, synthesize, correlate and make decisions, make appropriate policies, plans and expertise in the management, administration, etc.

It is clear that all the domains have three components viz. Cognition [Perception], Affect [Feelings] and Conation [Response].

Let us consider the traditional system in a dispassionate manner and scrutinize the merits and demerits. It is obvious that we will not be able to consider all the details of the system as they varied from time to time and from place to place. But a general review of the system would help us to overcome our disturbance! This can be done only if we rise above the petty considerations of religion, region, caste, political power and other vested interests. This would help us rectify the present education system.

Conversely, unless the existing education system is rectified appropriately subsequent generations may not be able to develop the three domains of education adequately.

This task can not be accomplished by common people, but can be successfully accomplished only by the policy makers who include statesmen, politicians, political advisors, the decision-makers and the top administrators.

But it has to be appreciated that none of these can

bring about change in an existing system unless, there is simultaneous process of building up of the consensus about these changes in the vast majority of people whose cooperation in such matters is very vital.

So let us take at least a cursory look at the traditional system of education in India.

The traditional education system in general ensured that:

- a] Careers were not selected on the basis of monetary gains,
- b] Careers were not selected arbitrarily on the basis of idiosyncrasies and whims,
- c] Some lucrative careers could not be sought after excessively, in preference to the others,
- d] All careers ensured income and production from early age,
- e] All careers ensured that society was benefited,
- f] All careers ensured security to all the social groups,
- g] All the careers ensured intimacy and closeness between young and old in the families.
- h] All careers ensured ethical education and passage of experience from generation to generation.

In my view these were merits. But it is true that:

- A] The traditional system was marked by deprivation of scholastic education to many people,
- B] It was probably also marked by unjustifiable distribution of a variety of jobs amongst different castes.
- C] It probably did not have the infrastructure for collective scientific and technological efforts
- D] Suppressed talents and individual aspirations

amongst the children and parents from many castes.

E] It had an element of arbitrary imposition of hierarchy and exploitation.

As the education shifted from homes, home industries and farms to nurseries, K.G. schools, schools, colleges, universities, corporate industries, research institutions etc.

Cognition suffered because of:

- a] Huge number of students, in a single class making following three things almost impossible. These things are i] individual attention ii] dialogue iii] discussions,
- b] Lack of adequate salary, accountability, incentive and economic security to the teachers taking away the initiative of nurturing cognitive domain
- c] Increase in alienation with respect to student's background and aptitude
- d] Lack of adequate incentive to the students in the form of creativity, production and earning, service to the family and service to the nation, takes away the motivation required for building up cognitive domain
- e] Lack of conviction essential in the growth of cognitive domain in the teachers and students because of the outdated practical and demonstration classes, lack of interdisciplinary dialogue and the irrelevance of education to the realities of day to day life and predictable consecutive unemployment at the end! The lack of conviction could be partly due to lack of participation by teachers in decision-making, policy making, development of curricula, syllabi etc.
- f] Emphasis on recall and hence rote learning thereby denying free inquiry; reading, questioning etc. thereby directly thwarting the cognitive domain
- g] Too many examinations with irrelevant parameters

or criteria of evaluation [besides being unfair in many instances] lead to misguided and in most cases counterproductive efforts thus adversely affecting the cognitive domain

- h] Competitions where the manipulative skills, callousness, selfishness are given more respect, destroy the enthusiasm of growing in cognitive domain
- i] Information explosion can affect cognitive domain by either causing enormous and unnecessary burden on memory or inferiority complex
- j] Pressure of interviews causing constant tension and sense of inadequacy, right from the tender age,
- k] Protracted hours of homework in schools denying the students their legitimate right to enjoy their childhood and make them physically, mentally and intellectually unfit to grow in cognitive domain
- l] Irrelevant and unnecessary information loading in lectures in the form of monologue, leading to suppression of the spontaneity, originality, interest and enthusiasm so much required in cognitive development amongst the students,

Affective domain suffered due to,

- A] Isolation of the children from their parents and their domestic environment at an early age [Making the parents also equally sad]
- B] Lack of warm bonds due to huge number,
- C] Cut throat competition,
- D] Inadequate facilities of sports, trekking, educational tours, recreation and physical development etc
- E] Alienation from one's social environment and culture

Psychomotor domain suffered due to

- A] Almost total lack of opportunities to actually participate in skillful activities such as drawing,

painting, sewing, sculpturing, carpentry, knitting, weaving, music, agriculture, horticulture, other handicrafts, various sports, performing arts etc.

It is important to realize that promotion of psychomotor domain is evident but in its caricature form. It has no concrete economic realistic basis. The activities have no economic incentive and no productive element.

The present education system basically and almost completely prevents a huge section of society such as teachers, students, clerks, servants, sweepers and many others such as education inspectors, etc. from being creative and productive. In addition it causes colossal loss of space, electricity, construction cost and so on. In addition because of the typical emphasis on rote learning it leads to phenomenal waste of educational material such as paper, bags, pencils, ball pens etc.

Lack of productive element in education not only causes colossal loss to nation but it also causes economic loss to children while suppressing and starving their psychomotor domain! The lack of

productive element and economic incentive is a single most important cause of

1] Reduction in the dignity of labor amongst those who continue to learn, as well as reduction in the income of the concerned families and the nation

2] Lack of education, lack of employment and starvation or criminalization amongst those who are forced to drop out because the poor villagers' children normally contribute to the earning of the family.

3] Inhuman suffering of those dropouts, who somehow manage to get into cheap labor for subsistence.

It has to be appreciated that billions of rupees are spent on construction, decoration and maintenance of schools and colleges. Billions more are spent on payment of millions of teachers and other staff members

engaged in unproductive exercises. Billions are spent on electricity, and so called educational, material. Billions more are spent on the exams conducted to test the “capacity and merit of rote learning”. This way we weaken the national economy, jeopardize the developmental activities and force millions of students to drop out due to economic reasons and get into the hell of child labor, besides starving and suppressing the cognitive, affective and psychomotor domains of millions. In short, present day education system harnesses [amongst those who continue to learn] arrogance coupled with lack, of confidence leaving all the domains viz. cognitive, psychomotor and affective, [including creative and productive skills and physical health] defective, deficient and underdeveloped. Further, when this education fails to give a job, it tends to create vindictive attitude transforming an individual into a criminal or develops frustration and transforms an individual into a mental wreck.

It must be appreciated that some institutions and individuals are making illustrious efforts in the direction of rectifying the education at their level.

But the chaos in the present education and the resultant conceptual stress cannot be managed effectively, unless we propagate this conceptual understanding about education and try to see that suitable changes are made to nurture cognitive, affective, psychomotor and productive domains.

In short it can be stated that every school, college, university etc must become the centers of production and service besides being centers of excellence in science, art, literature, philosophy etc.

The student must have economic incentive for what he/ she is privileged to create or produce. Besides, everybody connected with education directly or indirectly must be involved in production or service.

Broadly speaking, the author suggests that approximately

20 % of the time must be spent in production, service, arts such as singing, painting, sculpture, acting etc and other skillful activities such as handicrafts.

Production may be of suitable items and service can involve community projects such plantation, cleanliness etc.

20 % of the time must be spent in physical activities such as outdoor sports, exercise, trekking, hiking etc.

20% of the time must be spent in personality development. Personality development refers to broadening of perspective through development of concepts of holistic health, social homeostasis, unconditioned acceptance, introspection, prioritization, assertion, reinforcement, "win-win" formula, time management, boldness and humility, various means. These means may include invited guest lectures, seminars and discussions. In addition educational tours and visits to places where the student gets exposed to rapid developments in the society such as laboratories, airports, government offices, share market, farms etc are also important for becoming realistic.

20 % of the time must be spent in entertainment. Entertainment could include playing musical instruments, dance, painting or anything that makes a student happy such as mimicry, singing, story telling, drama, movie etc., get-togethers and such other activities including frequent get-togethers of parents, students and teachers

20 % of the time must be spent on cognitive domain

Development of cognitive domain can include teaching of languages, history, geography, mathematics etc with utmost emphasis on interpretation and relevance in day to day life. Thus typical questions in the examination of history, languages should be totally done away with.

The subject such as economics, psychology, civics, philosophy, logic, sociology etc must include fieldwork and made relevant to the present society.

True success in examinations pertains to everyone involved in shaping the education system. The so-called success in examinations is an illusion. The hype created by the media clamors the students and the parents. But that happiness does not last. It weathers away, when those certificates and degrees do not get any value in real life. It is matter of shame and utter failure for the policy makers, teachers and parents that not only failure but even the so called success in the examinations leads to despair amongst the students!

True success in the examinations is possible if millions of individuals “imprisoned” in unproductive work and millions more forced into unemployment and inhuman cheap labor are liberated by rebuilding the education system on the principles discussed through laws and rules.

DR. SHRINIWAS JANARDAN KASHALIKAR

Birth

March 4, 1951, at Savantwadi

PROFESSION

Teaching physiology and research, workshops, counseling, guest lectures, writings [research papers, articles and books], radio talks, public talks in the area of TOTAL STRESS MANAGEMENT [TSM].

BOOKS PUBLISHED IN ENGLISH, MARATHI AND HINDI

ENGLISH BOOKS

1. STRESS

Understanding and management – A Way to Total Well Being

2. Conceptual stress and its management

The scientifically proved ways of acquiring holistic health

1 and 2 published by

Bhalani Publishing House

11, Mavawala Building,

Opposite K.E.M. Hospital,

Parel, Mumbai 400 012.

Phones 4137650 and 4171660.

3. Smiling Sun :

The Story Behind the Total stress Management

The absorbing account of how the concept and practice of Total Stress Management was evolved

4. Holistic Health

The more complete concept of health important in Total Stress Management

5. Health in First chapter of Geeta

Concepts in Geeta useful in gaining holistic health and Total Stress Management.

6. Namasmaran

The traditional way of Total Stress Management

3, 4, 5 and 6 published by

Vishnuraj Prakashan, Phone 300 2140

7. Holistic Medicine

A compilation of Articles on holistic medicine, which includes concepts in alternative systems of medicine useful in Total Stress Management (TSM)

8. Solutions to Sexual Stressors

A compilation of articles useful in overcoming stress resulting from sexual suppression, abuse, misconceptions and dilemmas.

9. The solutions to social stressors

A compilation of articles useful in overcoming the emotional and intellectual stress resulting from common social problems (7, 8 and 9 for Private Circulation)

10. The art of Teaching Medicine, (Co-authored)

Medical Educational Technology (MET) cell.
Seth G. S. Medical College and K.E.M. Hospital,
Mumbai 400 012.

11. Texbook of Physiology (Co-author, Ed. Bijlani)

Jaypee Brothers Medical Publishers (P) Ltd.
New Delhi 110 002, INDIA

MARATHI BOOKS

12. Chaitanya Saadhana

A treatise on holistic health (Total Stress Management) full of all necessary information and concepts relevant physical, emotional, intellectual, spiritual and economic, social, cultural, educational, environmental and other various aspects of health.

Co-author : Dr. Pushkar A. Shikarkhane.

13. Kamajeevan : Dnyan Aani Samadhaan

Scientific and practical understanding and solutions to overcome the miserable stress, resulting from sexual suppression, abuse, misconceptions and dilemmas.

The books that are extremely useful in bringing about paradigm shift and indirectly help in Total Stress Management.

14. Suryashodh

A novel on the life of radical youths with inadequate maturity struggling to bring about social transformation

15. Bhowara

The touching, thrilling and invigorating story of social and medical work in remote village.

16. Amerikanaanchyaa Antarangaat

The enlightening exploration of America and Americans

17. Sahasranetra

A New Understanding of the World Famous Hymn Vishnu Sahasranama

18. Sampoorna Aarogyaasaathi Namasmaran

Traditional method to overcome stress and get Holistic Health, described in brief.

19. Arogyachaa Arasaa

Simple ways of finding out how healthy you are

20. Thakawa Ghalawa, Sphurti Milwa

Scientific understanding and practical solutions to acquire

21. Vaidyakiya Vyavasaya :

Vyavahar Aani Dhyeya The views of a young doctor practicing in a village on the ideals and the practice of medical science

22. Namasmaran

Exposition of the, value of traditional way to Total Stress Management (TSM) in simple and lucid Marathi

23. Unhali, Hiwali Aani Pavsali Aajar

Seasonal Diseases and Their Treatment

Co-authors: Dr. K. P. Kulkarni and Dr. P. A. Shikarkhane 12 to 23 Vishnuraj Prakashan, Phone 2300 2140

24. Mhanaje Kay Hote?

General knowledge in medical science

25. Samyak Vaidyak

The concepts Holistic Medicine described in simple language useful everyone.

24 and 25 published by Tridal Prakashan,

Prarthana Samaj, Girgaon, Mumbai 400 004.

Phones: 2385 0192 and 2385 6792

26. Kaamavidnyaan

Some aspects of sexology, co-authored

27. Ginipig, Co-author : Laxman Londhe

First medical science fiction in Marathi

T. V. Serial on this was telecast on Doordarshan

28. Shaambhavi

A thrilling novel very useful in Total Stress Management as it reflects vividly the panorama of intellectual and emotional cataclysms while in the process of Total Stress Management Somnath Prakashan, Phone 2414 1288 and 2414 7288

29. Solutions to disturbing social problems

A compilation of Articles and Short Stories

30. The spectrum of emotions while in the process of Total Stress Management

A compilation of unpublished poems

31. Practical aspects of Holistic Health

A compilation of articles published (29, 30 and 31 for Private Circulation)

HINDI BOOKS

32. Sampoorna Arogya ka Rajamarg

Traditional way of Total Stress Management described in lucid Hindi Vishnuraj Prakashan, Phone 2300 2140

33. Navagrahastotra

A humble attempt to understand the spirit of this hymn in modern perspective, in English and Marathi

34. Success in examination

A simple and effective guide to succeed in a variety of examinations Publisher

Vishnuraj Prakashan, Mumbai 400 013

Phone 2300 2140

